



Annual General Meeting
October 27, 2018

OPENING

The regular meeting of the MANITOBA POWERLIFTING ASSOCIATION was called to order at 12:02 pm on October 27, 2018 by Mathew Bowen.

PRESENT

Mathew Bowen	David Gurvey	Amanda Burg	David Oulette
Randi Chase	Dan Collette	Deven Laferriere	Kurtis Tallaire
Janelle VanDenBosch	Sam Ang	Tamra Potrebka	Andrew Orobko
Henry DeGuzman	Jessica Antony	JT Smith	Claudia Oriellio
Susan Haywood	Brock Haywood	Janet Sitar	

APPROVAL OF SCRUTINEER

Kurtis Talliere was appointed scrutineer

APPROVAL OF AGENDA

1st Amanda Burg 2nd David Gurvey All in favor

CONFLICT OF INTEREST

None declared.

APPROVAL OF MINUTES

1st Mathew Bowen 2nd Kurtis Talliere All in favor

PRESIDENTS REPORT

See attached – Appendix 1

FINANCIAL REPORT

See attached – Appendix 2

REFEREE REPORT

See attached – Appendix 3

Additional Notes

- As of last November we have had 2 referee clinics. MPA now has a total of 14 referees. The referee exam is now an online test, Janet Sitar and Brock Haywood have re-designed the test. Susan Haywood received her Cat 2 referee status, as well as Mathew Bowen and Krista Sanger receiving their National badges. Due to the number of referees we are now able to have a Jury table at our meets, which can now give our lifters another advantage. In addition, a referee progression plan is being developed, this is to promote experience in the chair,



over time served as a referee. We are making note that 2019 is a rule change year and all new IPF rules will take into effect January 1st, 2019. Brock Haywood will be representing the CPU, in place of our current CPU president Mark Giffin for the IPF rule changes, specially being looked at is the English translations of the rules.

BUSINESS AS SPECIFIED IN THE MEETING NOTICE

Bylaw Proposal: Deletion of the Athlete Liaison officer and position within the MPA Executive

Athlete Liaison

2.3.1 The Athlete Liaison is responsible for the following:

- a) Liaising with all provincial level athletes in support of their individual competitive goals
- b) Assisting athletes in learning the rules of competition and assisting in the interpretation of the MPA Constitution
- c) Liaising with MPA athletes preparing to compete Regionally or Nationally

Rational: In modern times, with the internet and social media available to everyone, the question and answering role is no longer needed as an MPA Director. The tasks outlined under the current bylaws are already covered by the rest of the MPA Executive and the powerlifting community at large. Currently, the position has little practical value and is presently vacated.

1st Mathew Bowen 2nd Amanda Burg

Discussion:

- Currently the in charge for social media will be secretary and president, this will be defined with the board, and clarification of duties.

MOTION PASSED



Proposal: Create MPA Media Coordinator Position

2.11.1 Media Coordinator

2.11.1 The Media Coordinator is responsible for the following:

- a) The Media Coordinator is to liaise with media contacts, answer media enquiries, monitor media coverage and promote awareness for and of the MPA, its events, and its athletes.
- b) The Media Coordinator shall write, promote and/or distribute MPA press releases and news stories.
- c) Acting as the main media contact for events in the lead up to MPA competitions and events
- d) Liaising with the MPA Executive and MPA Meet directors for the promotion of MPA events.
- e) Generating ideas for increased media coverage and publicity of the MPA and its athletes.

Rational: Outreach to the public ought to be improved upon and having a designated Executive position dedicated to outreach and promotion of MPA and powerlifting to the media and public at large can only strengthen the MPA. By providing a focused approach to spotlighting the MPA externally, the Media Coordinator can help bolster greater event attendance, awareness, athlete participation and specific spotlights.

1st Mathew Bowen 2nd Susan Haywood

Discussion:

Question: How much time will this position take? (Dan Collette)

Response: to this was the time will vary, as the position will become busier towards the lead up to meet days.

Question: What are the qualifications?

Response: This is a new position; the successful candidate should have a background in media. However, this is a volunteer position, therefore this may change throughout the year.

MOTION PASSED



Proposal: Bylaw change to 4.1

ARTICLE IV: GOVERNANCE

Composition of the Board

4.1 Directors – The Board will consist of five (6) six (7) Directors as follows:

- a) President
- b) Vice-President
- c) Treasurer
- d) Secretary
- e) ~~Athlete Liaison~~
- f) **Officiating Chairperson**
- g) **Registration Chairperson**
- h) Past President (1-year term after term of office)

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- e) **Officiating Chairperson**
- f) **Registration Chairperson**
- g) Past President (1-year term after term of office)

Rational: Removal of the Athlete Liaison as a voting officer (see separate proposal). Add Officiating Chairperson Vote due to high involvement in MPA Planning and Activity. Registration Chairperson due to participation in every competition, liaison to CCES and Liaison with MPA Clubs.

1st Mathew Bowen 2nd Kurtis Talliere

Discussion:

By adding Officiation Chairperson and Registration Chairperson this will change our executive from 6 votes to 7 votes.

To be noted: If we have a disclaimer at meets, and have a consistency with how we treat out MPA athletes this will transfer to regional and national level.

MOTION PASSED



Proposal: Bylaw change to 5.1

5.1 Composition – The Officers will be comprised of the President, Vice President, ~~Executive~~, Treasurer, ~~Athlete Liaison~~ Officiating Chairperson, and Registration Chairperson. The Past President may remain an Officer for one year after their term as President has ended. Non-Voting Officers will consist of the Records Chairperson, Volunteer Chairperson, Media Coordinator.

5.1 Composition – The Officers will be comprised of the President, Vice President, Treasurer, and Officiating Chairperson and Registration Chairperson. The Past President may remain an Officer for one year after their term as President has ended. *Non-Voting Officers will consist of the Records Chairperson, Volunteer Chairperson, Media Coordinator.*

Rational: Removal of the Athlete Liaison as a voting officer (see separate proposal). Add Registration Chairperson due to participation in every competition, liaison to CCES and Liaison with MPA Clubs. Add Past President point for clarification since the creation of the position. Addition of non-voting officers to clarify the full executive.

1st Mathew Bowen 2nd Brock Haywood

Discussion:

No discussion.

MOTION PASSED



Proposal: Bylaw change to 6.3

- 6.3 Efforts shall be made to hold the Provincial Championships twelve (12) weeks prior to their respective ~~National~~Western Championships.
- 6.3 Efforts shall be made to hold the Provincial Championships at least twelve (12) weeks prior to their respective Western Championships.

Rational: Provincials are held in early spring/summer in an effort to precede the Western Championships which in turn precede the National Championships.

1st Mathew Bowen 2nd Dan Collette

Discussion:

Change the wording from Westerns to Regionals as per Brock Haywood, as any competitor can go to any regionals, prior to Nationals.

Motion shall read:

- 6.3 Efforts shall be made to hold the Provincial Championships at least twelve (12) weeks prior to any Regional Championships.

MOTION PASSED



Proposal: Bylaw change to 6.20

6.20 The MPA ~~Registration Chairperson~~ Vice President or delegate shall supply each meet director with a “sanction package” consisting of:

- examples of forms used during a contest showing information required.
- record applications
- details of doping control fees, who is liable for the payments and when they must be paid
- requirements of the meet director, in the event that the Independent Testing Administrator will be present at the event.
- other details, as determined by the MPA.

6.20 The MPA Vice President/or delegate shall supply each meet director with a “sanction package” consisting of:

- examples of forms used during a contest showing information required.
- record applications
- details of doping control fees, who is liable for the payments and when they must be paid
- requirements of the meet director, in the event that the Independent Testing Administrator will be present at the event.
- other details, as determined by the MPA.

Rational: These are duties being performed and to be performed by the Vice President and not the Registration Chairperson.

1st Mathew Bowen 2nd Janet Sitar

Discussion:

No discussion.

MOTION PASSED



Proposal: Bylaw change to 6.23

6.23 All Provincial championships ~~shall have an ER rack or Eleiko rack as utilize IPF Approved Equipment on~~ the competition platform.

6.23 All Provincial championships shall utilize IPF Approved Equipment on the competition platform.

Rational: The CPU equivalent bylaw was changed; this update is as per the rules of the IPF.

1st Mathew Bowen 2nd Jannelle Van Den Bosch

Discussion:

No discussion.

MOTION PASSED

Proposal: Bylaw change to 6.25

6.25 At MPA Competitions where referees need travel distances of over 100 KM, meet directors may be require to provide lodging for up to two rooms for MPA referees. Best efforts should be made to use local referees at the discretion of the MPA Officiating Chairperson.

Rational: As per lodging requirements at higher levels. This bylaw acts as a guideline requirement for prospective Meet Directors and MPA Officials.

1st Mathew Bowen 2nd Randi Chase

Discussion:

David Gurvey asked to clarify if this would be a round trip or one way; Mathew Bowen 2nd. Independent meet directors shall be made aware of this and officials shall refuse accommodations, if not needed. This would not include mileage, only lodging. If the MPA is expanding outside of Winnipeg, as an independent meet director, they will only have to pay for the lodging. How would this look like for a projection for a year? That number is unknown as of now, however, the goal behind this is to give back to sport, not to bankrupt the meet directors or MPA

MOTION PASSED



Proposal: Bylaw change to 6.26

6.26 MPA Will host annually the MPA Provincial Bench Press Only Championships where lifters may compete in single event (unequipped or equipped) or double event (unequipped and equipped). MPA Qualifying Standards to apply. Note: Lifters may still compete in Bench Press Only or Double Events at the MPA Provincial Championships.

Rational: To spotlight Bench Press Only competitions in Manitoba, garner interest in equipped Bench Press Only, and highlight annually a prestigious Bench Press Only specific competition. This also gives prospective Bench Press Only Nationals competitors a chance to obtain a qualifying Bench Press Only title as per proposed bylaw 17.5.

1st Mathew Bowen 2nd Janet Sitar

Discussion:

Susan Haywood suggest we should not add this bylaw at this time, as this would be a change and we would be unsure of the reponse we would get. However, having a provincial bench press championship, should be done, as long as it compliant with the CPU. Janet Sitar did bring up if after a couple years, if this does not work, we can vote to remove it from the bylaws.

MOTION PASSED

Proposal: Add Bylaw 8.5

Policies and Procedures

8.0 Awards, and Classifications

8.5 MPA will present a Best MPA Club award at each annual MPA Provincial Championships. Rubric for same to be determine by the MPA Board of Directors and published with due notice on the MPA Provincial Championships Entry Form for members each year. Best Club Awards at all other meets at the discretion of the Meet Directors pending approval from the MPA Board of Directors.

Rational: Clarification on expectation of Best Club Awards.

1st Mathew Bowen 2nd Janet Sitar

Discussion:

This should be published and it will help clubs with meet day strategy.

MOTION PASSED



Proposal: Add Bylaw 8.6

8.6 MPA will present annually, an “MPA Volunteer of the Year” award, at the Annual General Meeting. Candidates may be nominated ahead of time or nominated on the floor. Volunteer of the Year Award nominees should display characteristics such as: exceptional work ethic, serving above and beyond the expectations of the general membership, role modelling a positive attitude. MPA Volunteer of the Year award winners may not be serving members of the MPA Executive.

Rational: Highlight those members who go above and beyond for the good of MPA; to highlight the crucial act of volunteering within MPA.

1st Mathew Bowen 2nd Randi Chase

Discussion:

What would define the volunteer? Currently Janelle Van Den Bosch keeps track who volunteers at what meet and what they do. There will be a nomination application, and on their will be a guideline and the nominee may fill out what they have done.

MOTION PASSED

Meeting Break at 1:30pm

Return to call at 1:40pm



Proposal: Add Bylaw 8.7

8.7 Manitoba Powerlifting Association Inc. Junior Student Scholarship Program

The MPA will award one scholarship at its Annual General Meeting at the value of \$250 CAD.

Eligibility

To be eligible, applicants must be Sub junior or Junior CPU/MPA members in good standing and must be either entering their first year of post-secondary education, in a full-time post-secondary program at an educational institution or enrolled in a full-time post-secondary program at an educational institution.

- Previous Scholarship winners may not re-apply

A complete application must include the following:

- A copy of an official transcript of marks from the learning institution most recently attended (an electronic photocopy of a transcript of or a screen shot of the most recent marks is sufficient).
- A statement about your involvement in powerlifting, including but not limited to your accomplishments as an athlete in powerlifting, volunteerism, future goals and any significant contributions you have made. A statement about why you should receive the scholarship and your future education and career goals and what powerlifting means to you.
- Applicants may submit letters of reference.

Rational: To give back to our Junior lifters as a non-profit organization and promote higher learning.

1st Mathew Bowen 2nd Jannelle Van Den Bosch

Discussion:

Suggested on wording, to clarify, Does this require an acceptance of a lifter? Yes
How would this affect Junior lifters to Open lifters? It does not affect once they have applied.
This would be award every year to one member. There will be a criteria to follow when applying

Motion to modify the wording: 1st Mathew Bowen 2nd Susan Haywood

The MPA will award one scholarship at its Annual General Meeting at the value of \$250 CAD to one MPA member on one occasion.

MOTION PASSED



Proposal: Add Bylaw 15.0

15.0 Officiating

15.9 MPA Provincial Referees approved to travel out of Province to take their CPU National Referee Examination will be provided with a \$300 Stipend to do so.

Rational: To aid with travel costs and act as incentive for MPA Referees to progress to higher levels as officials in Powerlifting.

1st Mathew Bowen 2nd Susan Haywood

Discussion:

No discussion.

MOTION PASSED

Proposal: Remove Bylaw 17.2

~~Erase 17.2: 17.2 ——— a) All lifters selected for MPA National teams must notify the MPA President, in writing of their intentions to regarding participation, no later than 90 days prior to the date of the competition.~~

Rational: National Meet Directors now alert Provincial Presidents via email of Provincial Team applicants for approval, leading up to and after, the entry deadline. Technology renders this bylaw unnecessary.

1st Mathew Bowen 2nd Randi Chase

Discussion:

As per Brock Haywood you cannot remove this bylaw, because this is an actual step, by removing this it puts it on a 3rd party that changes every year

MOVED TO TABLE FOR THE EXECUTIVE – ALL IN FAVOR

Proposal: Add Bylaw 17.6

- Has been removed from agenda as per Janet Sitar, as it has already been discussed.



Proposal for a detailed Meet Director Report

Rational: For data collection

1st Dan Collette 2nd Mathew Bowen

Discussion:

Not appropriate as a bylaw, should be possibly considered as a policy. Good idea, but not appropriate as a bylaw, good for a meet director, nor should it be enforced. This is already being done as a meet report

1st Mathew Bowen 2nd Janelle Van Der Bosh
11 favor 3 against

MOVED TO TABLE FOR THE EXECUTIVE – ALL IN FAVOR

Proposal for event medical staffing

Rational: For all MPA Events it is a requirement that hosts have medical staff on site to ensure the safety of athletes and protect the risk management requirements of the MPA, **other party** and meet directors.

1st Dan Collette 2nd Brock Haywood

Discussion:

Currently they do not have this at the IPF level, however, this is something that will be discussed. We may not be able to get volunteers for this. There will be an obligation for MPA to have something in place. Someone maybe appointed for every meet, it will take a proactive approach. MPA will be the ones controlling who the medical response team will be.

MPA will ensure a First Aid Kit and assign an individual with a current standard first aid certification are present at all MPA sanctioned competition

1st Mathew Bowen 2nd Dan Collette All in favor

MPA Concussion Protocol

- This is currently under the head ref

Table 1st Mathew 2nd Janet All in Favor

MOVED TO TABLE FOR THE EXECUTIVE – ALL IN FAVOR



2018 AGM President's Report

The past year for the Manitoba Powerlifting Association has been one of transition and growth. As an Association, we have experienced a modest growth in active membership. Today, our membership sits at 142 active MPA members, up from 127 at this time last year. We have actually *doubled* our local competition schedule, hosting 6 competitions locally, up from 3 the year prior. Approximately 220 competitors participated at the local level in events at 17 Wing, Brickhouse, and Movement in Winnipeg; Crossfit Rocked in Brandon, Iron Image in Selkirk; and the Central Plains RecPlex in Portage La Prairie.

MPA sent two athletes to IPF Classic Worlds in Calgary this June. Our 29 athlete Team Manitoba at the 2018 CPU Nationals in Calgary was the largest in our history. We also sent 18 athletes to Westerns in September and another competitor to the CPU Eastern Championships in Summerside, PEI. Details to follow within our Referees Report, but to have gone from just a handful of officials to routinely being able to provide a jury at local meets has been priceless.

At our 2017 AGM, an entire new cabinet of Executive Members was elected. Our executive grew from 4 officers to 10, which has allowed us to work together as a well-oiled machine behind the scenes. We have been able to create an online record application system, online MPA Membership Database, online MPA Volunteer Database, MPA Club Database, MPA Rankings database, Online Referee Database, MPA Subscription Service, and have successfully implemented the MPA Provincial Qualifying Standards.

Our Executive pushed for the reintegration of the Club System in 2018. This initiative has been successful as we have 7 Registered Clubs at present. It has added a team feel to our events, for lest we forget that powerlifting *is a team sport!* Our 2018 Best Club Award went to Brickhouse Barbell Club.

We added an online coaching database as MPA had 12 people complete the CPU Coaching Workshop in December, and have had 5 coaches move forward to become Level One Certified CPU Coaches. The 2018 installment of this workshop will take place December 15th and 16th in Winnipeg.

Over the past twelve months, the MPA has made a few larger investments for the good of our organization. Above and beyond the random tests the CCES is mandated to perform, MPA purchased two CCES/WADA Drug Tests at our 2018 Provincials to add prestige and fair-play values to our most significant local contest. The DRL Referee Light Set system has enhanced all of our events since implementation. Just in time for Provincials, we purchased a considerable amount of curtains and drapes, as well as



creating an MPA Backdrop Banner. We purchased a full microphone/audio system prior to the Movement Meet and supplies for a third platform for the warmup room in Portage.

At the 2018 CPU National Championships, Vice-President Susan Haywood and I, were awarded our bid for the 2020 CPU National Championships to be held in March, 2020 at the Victoria Inn. Following the success of the 2017 Westerns, we cannot wait to provide members locally and nationwide with a communal, professional, volunteer-oversaturated, lifter-friendly, spirited event we pride ourselves on.

In the year to follow, our vision is to engage in greater outreach and presence in the community. Sponsorship, seminars, and expansion of powerlifting to new regions of Manitoba are top priorities. We will continue to strengthen as a cohesive Executive with our lifters' best interest in mind. We want the 2019 Provincial Championships to be our most premiere local event ever. We look forward to preparing a monumental 2020 nationals and seek to continue to invest in a bigger, stronger, and united MPA.

*Mathew Bowen, RPN
MPA President
CPU National Referee*

